

FARM & GARDEN

THE SEED BED.

Make It Early For Late Vegetables.
Famous Growers Do This.

Contrary to general custom, the seed bed for late plants should be made as soon as the soil can be worked to good advantage, according to advice of American Agriculturist. Let the soil be worked until it is as fine as the harrow or rake can make it. Then roll until the surface is perfectly smooth, after which cover to the depth of three inches with coarse stable manure. This should be left on until it is time to sow the seed, when it should be carefully raked off, avoiding breaking the surface of the soil. Make shallow trenches for the seed. Sow thinly and cover the seed with fine sand to the depth of one-fourth of an inch.

This is the custom of the best seed growers on Long Island and is one of the greatest importance, as the mulch will not only keep the soil moist, but the moist, warm air from below will completely pulverize the small lumps, leaving the soil in best possible condition for plant growth. No matter how dry the season may be the soil will retain sufficient moisture to carry on the young plants until they are sufficiently large for transplanting.

The importance of preparing the seed bed in this manner cannot be overestimated. It is utterly impossible to secure a good crop of either cabbage or cauliflower without good plants, and this method, barring accident from insect enemies, will always secure strong, healthy plants. This was proved conclusively last year when those who prepared their seed beds in the usual way lost heavily, both in the quantity and quality of their plants, while those who prepared their seed beds as recommended were invariably successful.

GETTING QUICK GROWTH.

Tomato Plants That Start Right Off From the Hour of Setting.

A New Jersey man's method of handling tomato plants from seed sown in hotbeds the last week in February is: Air freely and do not let them get more than four inches high by April 1 (and half that height is sufficient if you are going to transplant twice), when it will be time to transplant to the cold



TOMATO PLANTS ALL READY FOR SETTING.

frames. Shade lightly for a few days after transplanting if sun is bright and air as much as weather will permit, taking sashes off as mentioned. Make waterings as near nature as possible. Trim to let in sunlight, but as sparingly as possible, all this done with judgment. By May 10 you will have plants that will do their best in the field if natural conditions are fairly good. The figure shows well grown plants ready for setting.

Commenting upon this man's plan, Rural New Yorker says: Water is very necessary for the plant babies. In taking them out the soil was cut into squares with a sharp knife, and then the squares were lifted out on a fork, as shown in the picture. When finally set in the ground, these squares were cut again, so that each plant had its little block of soil. When this is set in a hill and the earth packed up around it, the plant barely waits an hour in its growth. Of course this plan of handling pays only with the very earliest plants. Mr. Hulsart's system aims to induce earliness and to promote rapid and vigorous growth, in which it is most successful.

Getting Ready For Potato Planting.

Go to the early potato field "hammer and tongs." Put on the disk, spring tooth, acme, smoothing barrow and plank drag or anything else that you have that will chop it up and help to make it as fine as an ash heap. Then do it again. Set the disk to cut deep and fairly plow it up, crossing the piece once or twice, allowing the disk to lap one-half. Do not stop at pulverizing the surface for this or any other crop, but cut and mellow and make your soil fine right down to the bottom of the furrow if possible, which will give the millions of tiny hairlike roots that will later penetrate to this depth every opportunity to reach and feed on all of the available plant food contained in every small particle of the soil. When satisfied that your soil cannot be better prepared, you are then ready to make the first application of fertilizers, in which you can afford to be very liberal, since any surplus left from the rank feeding potato plant will be available for the following or "second" crop, so that no part of it will be lost.—Ohio Farmer.

When to Plant Sugar Beets.

The Michigan station decides that it is safe and wise to plant beets as early in the spring as we do any farm crop; that prolonging the date of planting gives a longer period for thinning and in ordinary years should lengthen the season of ripening and harvesting, and finally that the date of planting seems to have but little influence on the percentage of sugar. Dr. Wiley says, "Beets should be planted as early in the spring as possible."

HOW TO BE HEALTHY.

Rules to Be Observed in the Matter of Diet and Exercise.

Positively avoid a habitual diet composed too exclusively of one kind of food, such as meats or cereals. Such a diet leads inevitably to disease. Many cases of sickness, palpitations, scurvy, skin diseases and headache are directly due to this improper diet.

Bear in mind that sugar and all sugared or sirupy substances, unless sparingly used, are the most injurious of the foods in ordinary use. They render digestion imperfect and by their seductive taste are liable to induce overeating.

Eat sparingly of fruit, preserves, veal, pork, young lamb, kid, ham, bacon, sugar, vinegar, spices, fats, oils, fried foods, pastries, cakes, rich desserts, strong gravies, hot freshly baked bread and foods which form adherent pastes.

Avoid cold drinks at mealtime, except in hot days. Avoid uncomfortably hot drinks. Avoid eating at irregular hours. Never overrule your appetite, which is the best index of the amount of food you need, except in the course of diseases that require a special diet.

Satisfy your appetite, not your gluttony; satisfy your thirst, not your craving.

Salt your food sufficiently, because salt is an aid to digestion, but not more than needed to suit the taste.

Eat less rapidly and chew your food more. The stomach wants only well chewed food. The teeth were made for that special purpose. If they are poor or missing, seek the dentist's aid.

Avoid violent exercise and severe mental exertion just after meal, but a moderate exercise, as walking, will aid digestion.

Wash your hands with soap and water before each meal, even if they do not appear unclean.

Brush your teeth inside and outside at least once a day, and rinse your mouth after each meal.

When your stomach is out of order, give it a rest by fasting half a day or by taking only a little fluid food.

Remember that the wholesome meats are beef, mutton and poultry, and that beef and mutton are most easily digested and wholesome when broiled, roasted or stewed, not fried.

Remember that pure water is the most natural and wholesome beverage. A glass of pure water every morning before breakfast will go far toward preventing sickness and extending life toward the century mark.

How to Make Turkey Shortcake.

Make a biscuit dough and bake it in a shallow square tin, as for fruit shortcake. Take one cupful of cold turkey, minced; heat with one cupful of gravy and season with one-half teaspoonful of salt and one saltspoonful of pepper. When the crust is done, split and put the meat between the layers, pour the sauce over it and garnish with parsley.

How to Make Potato Nests.

Lattice potatoes are an excellent accompaniment to the fish course and after a few trial efforts are easily prepared. Wash and pare the potatoes and let them stand for a time in ice water. Cut them into very narrow strips, throwing them into ice water as they are cut. Then drain and thoroughly dry enough to pack into a strainer which is about the size of a teacup and force into the middle of the potatoes a smaller strainer. Fry this in deep, very hot fat. When a golden brown, remove the two strainers and stand the potato nest on soft brown paper. Repeat the process until there is a nest for each person. Before serving place them on a tin in the oven to heat. Fill the nests with fish à la reine and serve on a bed of cress.

How to Make Tooth Powder.

Take half an ounce each of powdered orris root and prepared chalk and add to them one teaspoonful of bicarbonate of soda. Mix thoroughly. The soda acts as an antacid and neutralizes the acids of the mouth, while the chalk and orris are gritty enough to remove any particles of food which may cling to the teeth.

How to Treat the Lips.

The lips should never be rubbed with strong scent, such as eau de cologne or vinegar or lemon. Friction is also very bad for their well being. Lips may be only a pale pink, but if they are smooth and soft they will look attractive. Rouge is also very bad for the lips. Some women have a stupid way of "biting the color into their lips." Not only does this unwise practice make the skin very sensitive, but it also thickens and swells the lips till they lose all charm.

How to Make Raw Beef Tea.

This is ordered in some illnesses. Take one-quarter pound of lean beef, shred it finely and place in a jar with one-quarter pint of cold water. Cover it and allow it to stand for two hours. Strain off the liquid and use at once, as it will not keep. It should be served in a colored glass.

How to Bake Onions.

Peel six large onions, put them in a saucepan and cover with boiling water and let them boil for 15 minutes. Pour off the water and cover them with cold water. Then drain them again when they are cool. Put them in a baking dish or agate pan, sprinkle with salt and pepper, pour over them one cupful of hot milk and add one tablespoonful of butter in small pieces, cover with buttered paper and bake until tender. Serve with roast turkey or chicken.

CASTORIA.

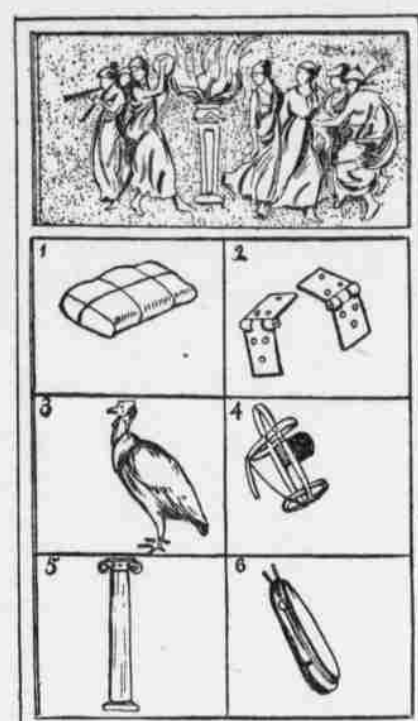
Bears the Signature of *Chas. H. Fletcher*

THE PUZZLER

No. 352.—Diamond.

1. A letter. 2. A sort of paper of rather small sized sheets. 3. Declines. 4. A certain gland. 5. Derangement of a mental faculty. 6. Spasm with rigidity. 7. A bay of the sea. 8. A prefix. 9. A letter.

No. 353.—Illustrated Diagonal.



All the words described contain the same number of letters. When rightly guessed and written one below another, the diagonal (beginning at the upper left hand letter and ending at the lower right hand letter) will spell the name of a Greek lyric poet.—St. Nicholas.

No. 354.—A Riddle.

From hill to hill he harried me,
He stalked me day and night.
He neither knew nor hated me,
Not his nor mine the fight.

He killed the man who stood by me,
For such they made his law.
Then foot by foot I fought to him,
Who neither knew nor saw.

I trained my rifle on his heart.
He leapt up in the air.
My screaming ball tore through his breast
And lay imbedded there.

It lay imbedded there and yet
Hissed home o'er hill and sea,
Straight to the aching heart of her
Who ne'er did wrong to me.

No. 355.—Word Changes.

Behold a proverbially hard substance and leave something used by surgeons in dressing wounds.
Curtain and have "a pool or collection of water, particularly one above or below a fall of water."

Curtain and have a proposition.
Curtain and have as considered by many, the most important person living.

No. 356.—In China.

TISNENIT—A city in China.
HOPIE—A river in China.
TINGNOT—A lake in China.
LINPEG—Mountains in China.
DYSAN—Desert in China.
LEEPECH—Gulf of China.
HANGHAIS—Seaport of China.

No. 357.—Square.

1. To set apart. 2. Forgetfulness. 3. Used to still pain. 4. A favorite game. 5. Neat and elegant.

No. 358.—Enigma.

I'm in every one's way,
But no one I stop.
My four horns every day
In every way play.
And my head is nailed on top.

No. 359.—Anagrams.

[Words with definitions.]
1. Rust, mad—A pungent seed.
2. Vat, and, age—Any circumstance favorable to success, benefit, gain, profit.
3. Den, leg—A narrative of doubtful authority.

4. Lest, her—A place of refuge from danger or stormy weather.
5. Guns, rail—Less than two, peculiar, uncommon.
6. Ground, sea—Something to be avoided.

The Generous Man.

The man who thinks he knows it all
Is generous, you'll agree.
He wants mankind, both great and small,
To be as wise as he.
—Washington Star.

A Superior Game.

"So you like polo better than golf?"
"Oh, yes. In polo you can blame the bad plays on your pony."—Chicago Record.

From Observation's Perch.

Many a curious sight we see from observation's perch; the boy we once stole apples with is a deacon in a church.

Key to the Puzzler.

No. 342.—Charade: Perch.
No. 343.—Arithmograph: Philadelphia.
No. 344.—Rhymed Square: 1. Peace. 2. Error. 3. Aroma. 4. Comes. 5. Erase.

No. 345.—A Vanishing Number: 888. When halved, it becomes

000 O.

No. 346.—Connected Diamonds:

D R E M H
I R E O R E O A
D R E A M O N T H O U S E
E A T N T C A S K
M T C E

No. 347.—Caricatures: No answer required.

No. 348.—Numerical Enigma: Procrastination is the thief of time.

No. 349.—Hidden Musical Instruments: 1. Violin. 2. Piano. 3. Mandolin. 4. Organ. 5. Bugle. 6. Fife.

No. 350.—Metagram: Pink, sink, mink, link.

No. 351.—Famous Books: 1. "The Silence of Dean Maitland." 2. "Barnaby Rudge." 3. "The Mill on the Floss." 4. "The Prisoner of Zenda." 5. "A Window in Thurns." 6. "Soldiers of Fortune." 7. "Pride and Prejudice." 8. "Lovel the Widower." 9. "The Shooes to Conquer." 10. "The Bride of Lammormoor."

HOW TO HANG PAPER.

The Field For Amateur Efforts and Main Points of the Process.

It is unlikely that any but the most enthusiastic amateur would attempt to paper one of the more serious rooms of the house. But there are sometimes up stairs rooms which would form a happy hunting ground for those desirous of trying their hand at this particular kind of amateur decorative employment.

If the walls are already covered with paper, this should be removed. Warm water and some sort of a scraper will assist in tearing off the old covering, and nail holes must be filled with plaster of paris.

Having renewed the surface of the walls, we start by giving them a couple of coats of size. Size is made by boiling glue in water in the proportion of one pound to two gallons, mixing well and allowing to stand till cold.

The next thing is to cut the paper successfully. We first put the roll on the table and gradually undo it, letting the loose pieces fall on the floor and cutting along the edge of the paper close up to the pattern. In better class wall coverings this cutting off the edge is performed on both sides, but for cheap papers on one side only, the other side being lapped over by the neighboring piece. The paper is now cut into lengths as required, a couple of inches being left as a safeguard. When the first piece is cut to the required length ready for the wall, the roll is undone and another piece cut the same length as the first. The pattern must be made to match, and it is possible that a waste of three or four inches will have to be made on each piece on this account.

For the paste beat about a gallon (for a large room) of sifted flour to a smooth, stiff batter with cold water, adding an ounce or two of powdered alum; then pour in boiling water, stirring briskly all the while, and reduce to a thick cream. When the paste loses its whiteness and looks clear, it is ready. Very thin paper requires correspondingly thin paste.

First the paper is laid face downward on the table and the paste applied in thin, even surfaces. The top of the piece is then pulled and doubled back on itself and another portion of the back pasted. When this process is complete, the piece is seized by the two top corners, which are carefully placed up against the cornice or ceiling, with an allowance of about half an inch for margin. This top edge is pressed to the wall, so as to stick, the paper is stretched downward and a mark made at the bottom where it reaches the wainscot. A clean distemper brush is next used down the middle of the piece of paper, and when it is so fixed in position, being made perpendicular by means of a plumb line, the scissors are drawn across it at the edge of the cornice or ceiling and at the top of the wainscot to separate the margins that have been left. A clean cloth is then worked over the paper from the middle to the edges until it lies evenly over the wall.



DAINTY BEDROOM PAPERS.

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CASTORIA

For Infants and Children.

The Kind You Have Always Bought

Bears the Signature of *Chas. H. Fletcher*

Prussian blue does not come to us from Prussia. It is a chemical product of which England makes her full share. Irish stew is not an Irish, but an English dish, and Turkish baths do not originate in Turkey, but in Russia.

THE PEOPLE KNEW HIM.

(Benson's Plaster Is Pain's Master.)

George Washington made and sold flour, and every barrel of flour in the market branded "G. Washington, Mount Vernon," sold without delay. No question was ever raised as to quality or weight.

Benson's Porous Plaster sells on its reputation everywhere. All the buyer wants to be certain of is that the plaster offered him really is Benson's, and not a worthless imitation of it or substitute for it.

A plaster is the best form of external remedy, and Benson's is the best plaster; 5,000 physicians and druggists, and a multitude of people no man can number, have settled that. "You can trust it," they say. Coughs, colds, lame back, lumbago, muscular stiffness and rheumatism, troubles of the liver and kidneys, influenza or grip, pneumonia, and all other diseases open to external treatment, are at once relieved and cured by Benson's Plaster.

Do not assume that Belladonna, Capsicum or Strengthening plasters are "just as good as" Benson's. They are vastly inferior. No other plaster is as good as Benson's.

In competition with the best-known plasters of Europe and America, Benson's have received fifty-five highest awards. For sale by all druggists or we will prepay postage on any number ordered in the United States, on receipt of 25c. each. Seabury & Johnson, Mfg. Chemists, N.Y.

THE FIRST STEP

to baby's health must be taken before birth. The child can have no more health than the mother gives it. A healthy mother, strong of body and cheerful of mind, will endow the child with her own physical health and cheerful disposition. Many a wife who had dreaded motherhood because of past experiences of prenatal misery of mind and body has found a new era open to her with the use of Dr. Pierce's Favorite Prescription. It gives physical strength, soothes the nerves, and induces refreshing sleep. It gives vigor and elasticity to the organs of maternity, so that the birth hour is practically without pain or suffering. It enables the mother to provide a plentiful supply of healthful nourishment for the healthy child. It makes weak women strong and sick women well.

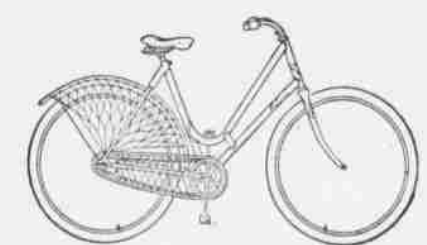


There is no alcohol in "Favorite Prescription" and it is absolutely free from opium, cocaine, and all other narcotics. Sick women are invited to consult Dr. Pierce by letter free of charge. All correspondence strictly private and absolutely confidential. Address Dr. R. V. Pierce, Buffalo, N. Y.

"I gladly recommend Dr. Pierce's Favorite Prescription," writes Mrs. J. W. G. Stephens, Miss Northumberland Co., Virginia. "Before my third little boy was born I took six bottles. He is the finest child and has been from birth, and I suffered very much less than I did before in confinement. I unhesitatingly advise expectant mothers to use the 'Favorite Prescription.'"

Dr. Pierce's Pleasant Pellets are a pleasant and effective laxative medicine.

Season of 1901.



Having leased the WARREN MARKET, so-called, on MAIN STREET, next to the Hotel Rutland, we are better equipped than ever to make the largest and best display of

WHEELS

ever seen in Lamolite County. Our line this season will include such high grade bikes as

Pierce Dayton Crawford
Ideal Shawmut Rambler
Monarch Eagle Barnes

RECORD, from which one cannot fail in making a most satisfactory selection. Get your eye on the rack-a-jacks' greatest favorite, the

PAN AMERICAN SPECIAL!

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Sugar Makers

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SYRUP CANS AND SAP SPOUTS

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And Trust Company

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C. A. KNIGHT, Treasurer,

HYDE PARK, VERMONT.

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St. J. & L. C. R. R. Time Table.

Winter arrangement in effect Dec. 10, 1900.

STATIONS.	Mail.	Express.	Hyck Pick.	Mixed.
St. Johnsbury	7:00 a.m.	7:15 a.m.	7:30 a.m.	7:45 a.m.
Windsor	7:15 a.m.	7:30 a.m.	7:45 a.m.	8:00 a.m.
Windsor	8:15 a.m.	8:30 a.m.	8:45 a.m.	9:00 a.m.
Windsor	9:15 a.m.	9:30 a.m.	9:45 a.m.	10:00 a.m.
Windsor	10:15 a.m.	10:30 a.m.	10:45 a.m.	11:00 a.m.
Windsor	11:15 a.m.	11:30 a.m.	11:45 a.m.	12:00 p.m.
Windsor	12:15 p.m.	12:30 p.m.	12:45 p.m.	1:00 p.m.
Windsor	1:15 p.m.	1:30 p.m.	1:45 p.m.	2:00 p.m.
Windsor	2:15 p.m.	2:30 p.m.	2:45 p.m.	3:00 p.m.
Windsor	3:15 p.m.	3:30 p.m.	3:45 p.m.	4:00 p.m.
Windsor	4:15 p.m.	4:30 p.m.	4:45 p.m.	5:00 p.m.
Windsor	5:15 p.m.	5:30 p.m.	5:45 p.m.	6:00 p.m.
Windsor	6:15 p.m.	6:30 p.m.	6:45 p.m.	7:00 p.m.
Windsor	7:15 p.m.	7:30 p.m.	7:45 p.m.	8:00 p.m.
Windsor	8:15 p.m.	8:30 p.m.	8:45 p.m.	9:00 p.m.
Windsor	9:15 p.m.	9:30 p.m.	9:45 p.m.	10:00 p.m.
Windsor	10:15 p.m.	10:30 p.m.	10:45 p.m.	11:00 p.m.
Windsor	11:15 p.m.	11:30 p.m.	11:45 p.m.	12:00 a.m.

D. J. FLANDERS, Gen. Passenger Agt.

RUTLAND RAILROAD.